



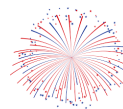
Erie County Stay Fit Dining Program

Frozen Meals Menu – July 2021



The Erie County Stay Fit Dining Program is pleased to offer the 3-, 5-, 6-, 8- or 10-pack varieties of Frozen Meals through the Frozen Congregate Meal Program. The 3-, 6- and 8-pack meals will have some combination of the meals offered in the 5-pack meals. The 10-pack will have 2 identical 5-packs. A roll, milk and dessert are included with each meal. ***Please remember that a contribution of \$3.00 per meal (\$9.00 per 3-pack, \$15.00 per 5-pack) is suggested, but any amount is appreciated and goes toward the improvement of the meals. Thank you in advance for your contribution!***

Meals for Week of (Tuesday) July 6th



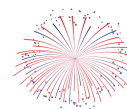
Pulled Pork with Gravy, Brown Rice, Brussels Sprouts

Penne Pasta with Meat Sauce, Stewed Lentils, Green Beans

Chicken Tenders, Tater Tots, Mixed Vegetables

Savory Pork Stew, Mashed Potatoes, California Blend Vegetables

Breaded Chicken Patty, Cauliflower, Green Beans



Meals for Week of July 12th

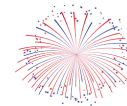
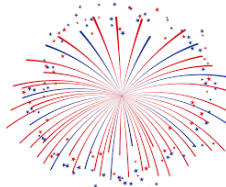
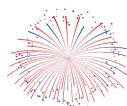
Macaroni & Cheese, Green Beans, Zucchini

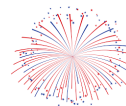
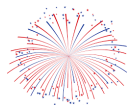
Hamburger with Gravy, Scalloped Potatoes, Peas

Veal Patty with Sauce, Broccoli, Carrots

Breaded Fish, Mashed Potatoes, Corn

Pork Loin with Gravy, Mashed Potatoes, Broccoli





Meals for Week of July 19th

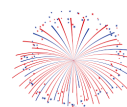
Tortellini with Meat Sauce, Spinach, Italian Vegetable Medley

Breaded Chicken Breast, Pasta, Brussel Sprouts

Roast Beef with Gravy, Cheesy Mashed Potatoes, Mixed Vegetables

Roast Pork with Gravy, Cauliflower, Italian Beans

Meatballs with Gravy, Pasta, Mixed Vegetables



Meals for Week of July 26th

Chicken Breast with Gravy, Cauliflower, Mixed Vegetables

Polish Sausage with Sauerkraut, Roasted Potatoes, Au Gratin Broccoli

Tortellini with Meat Sauce, Seasoned Spinach, Italian Mixed Vegetables

Breaded Chicken, Zucchini & Stewed Tomatoes, Green Beans

Hamburger with Onion Gravy, Scalloped Potatoes, Peas

